

# Sustainability at Home



**Try these easy-to-implement, sustainable living ideas today!**

**You'll save time, money, and energy while ensuring a protected environment and high quality of life for all.**

1. Turn off lights, computers, and appliances when not in use. Use a power strip for frequently used electronics and turn it off nightly.
2. Use natural light. Open blinds and turn off lights during the day. Close blinds to retain heat at nighttime.
3. Insulate and weatherize your home.
4. Landscape with Maryland native plants in your garden to reduce watering and welcome birds, butterflies, and beneficial insects.
5. Clean and maintain your home with less-toxic or non-toxic products like borax, vinegar, and castile soap.
6. Control pests the natural way and eliminate or reduce pesticide use.
7. Consider the life cycle of products you purchase. Can it be reused, recycled or composted after use?
8. Buy energy and water efficient appliances.
9. Plan healthy meals at home. When you do go out to eat, take along a reusable container for any leftovers.
10. Walk, bike or use public transit around town.
11. Invest in and use rechargeable batteries.
12. Use reusable cloth bags for groceries instead of paper or plastic. Store them in your car or bike for easy access.
13. Install a rain barrel to capture rainwater. Use it for outdoor watering around your home and garden.
14. Donate clothing, furniture and household items to a local charity. Exchange unwanted items with friends or try Frederick Freecycle to link up with others in the community.
15. Dispose of household hazardous waste properly keeping it out of the waste stream.
16. Support our local farms. Shop at farmers markets and try joining a CSA (Community Supported Agriculture) for your local produce, eggs, and meats.
17. Invest in an energy audit to identify future, potential energy savings.
18. Meet your neighbors and share new ideas with them. Identify and work on improvements needed in your neighborhood or community.

## Frederick County Office of Environmental Sustainability (OES)

Visit us online [www.co.frederick.md.us/sustainability](http://www.co.frederick.md.us/sustainability) or call our office 301.600.7414.

*OES brings together community partners to build a sustainable future for the region. We collaborate with County departments, businesses, residents, and other organizations to advance sustainable practices, policies, and partnerships.*

